Abstract

Disclosed is a method of regenerating a pressing mold comprising removal of a carbon-based film from a pressing mold having the film on a molding surface thereof. The removal of the film is performed by etching with plasma of a hydrogen-based gas or treatment with UV ozone. Disclosed is a method of manufacturing an optical glass element comprising press molding of a heat-softened glass material in a pressing mold having a carbon-based film on a molding surface thereof. The pressing mold is that has been regenerated by removing a carbon-based film on the pressing mold having the film on the molding surface thereof by hydrogen gas plasma etching or UV ozone treatment, after which a carbon-based film has been formed on the molding surfaces from which the film has been removed. Provide is a method of regeneration that removes the carbon-based film on the molding surface of the base material of a pressing mold without damaging the surface of the base material of the pressing mold and that can reliably remove carbon-based films at reduced cost and in less time. Provide is a method of manufacturing optical glass elements employing a pressing mold that has been regenerated by this method.